

YWCA GROUP EXERCISE SCHEDULE - SEPTEMBER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Boot Camp Howard- 1hr	Boot Camp Howard- 1hr	Boot Camp Howard- 1hr	Boot Camp Howard- 1hr	Boot Camp Howard- 1hr		
7:30am						All levels Flow Yoga Steph- 1.25hr	
7:45am		Vinyasa Flow Yoga Judy- 1hr		Vinyasa Flow Yoga Judy- 1hr			
8:00am	Fun, Fit and Fabulous! Jen- 1hr		Fun, Fit and Fabulous! Jen- 1hr		Fun, Fit and Fabulous! Jen- 1hr		Boot Camp Howard- 1hr
8:00am						Spin Stacy- 1hr	
9:00am				SilverSneakers *Classic* Colleen- 1hr		Zumba Debbie- 1hr	
9:15am	Gentle Yoga Lisa- 1hr	SilverSneakers *Classic* Colleen- 1hr	Gentle Yoga Lisa- 1hr		Gentle Yoga Lisa- 1hr		
10:00am				SilverSneakers *Seated* Colleen- 1hr			
10:15am		SilverSneakers *Seated* Colleen- 1hr					
10:30am	Pilates Fusion Zach- 1.5hr		Barre/Pilates Polly- 1hr		Chair Yoga Julie- 1hr		
11:00am							Barre Carla- 1hr
11:30am		Pilates Fusion Zach- 1hr					
1:00pm	Zumba Toning Debbie- 1.25hr						
3:00pm					Zumba Toning Debbie- 1.25hr		
5:15pm	HIIT AmyBeth- .50hr		HIIT AmyBeth- .50hr		HIIT AmyBeth- .50hr		
6:00pm	Club AK Allison- 1hr	Club AK Allison- 1hr	Flow, Core & Stretch Carla- 1hr	Barre Carla- 1hr			
6:30pm	Spin Stacy- 1hr		Spin Eric- 1hr				
7:05pm		All levels Flow Yoga Steph- 1.25hr		All levels Flow Yoga Steph- 1.25hr			

YWCA of Gettysburg and Adams County - 909 Fairfield Road - 717-334-9171

Active Older Adult

Pilates/Yoga

Cycling

Zumba/Dance

Boot Camp

Core/Strength

High Intensity